

Abstract

Title: Use of combat exercises in the conditioning for the football players.

Objective: The main goal of this bachelors thesis is to design a combat training microcycle to improve individual performances for footballers.

Methods: Analysis of literature dealing with this subject. On the basis of the information obtained and the search for transfer between the different sports a training mikrocykle will be assembled.

Results: From my experience and the studied domestic and foreign literature, a weekly combat microcycle consisting of three training units containing five exercises was created, which will be applied in the training of the football player for one month. From a technical point of view the exercises selected are basic combat moves like the drag and drop, drag-outs, overpressure and resistance exercises.

Key words: Combat, combat sports, football, condition